WHAT IS CLAIMED IS:

- 1. A data portal which comprises
- at least one server comprising:
 monitoring functionality for monitoring and downloading data
 accessible via at least one communications network, and
 selective uploading functionality for uploading at least a selection
 of said monitored data to at least one user client; and
- b. an interface for sending to said at least one user client, said interface comprising: input capability for receiving said selection of monitored data, and active window display functionality for displaying information of said selection of monitored data integrally within an active one of a plurality of application windows.
- 2. The data portal of claim 1, wherein said interface further comprises active window follower functionality for maintaining said display in a new active window following exchange with a current active window so as to render said information continuously displayable to a user irrespective of exchanging active windows.
- 3. The data portal of claim 2, wherein at least some of said application windows comprising said plurality of application windows relate to independent applications.

- 4. The data portal of claim 1, wherein said interface further comprises bar display functionality for displaying said information integrally within a bar within said active one of a plurality of application windows, said information being displayable within said bar independently of a content of a respective application of said active window.
- 5. The data portal of claim 4, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 6. The data portal of claim 4, wherein said bar comprises said information superimposed on existing window bar functionality.
- 7. The data portal of claim 4, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 8. The data portal of claim 4, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 9. The data portal of claim 1, wherein said server further comprises user selection functionality for user definition of said selection of data for uploading.
- 10. The data portal of claim 1, wherein said interface is capable of storing said uploaded information in a memory of a user client.
- 11. The data portal of claim 10, wherein said information comprises said selection of data.

- 12. The data portal of claim 10, wherein said information comprises notification that said selection of data is stored in said memory.
- 13. The data portal of claim 10, wherein said information comprises at least one link for retrieving said selection of data from said memory.
- 14. The data portal of claim 1, wherein said interface is capable of displaying said information in said active window when user is offline.
- 15. The data portal of claim 1, wherein said interface comprises a user operable function for making said information display invisible.
- The data portal of claim 1, wherein said interface comprises a user operable function for making said information display larger and smaller.
- 17. The data portal of claim 1, wherein said interface application further comprises a user operable function for revising the configuration of said information display.
- 18. The data portal of claim 1, wherein said at least one communications network is the Internet.
- 19. The data portal of claim 18, wherein said at least one server comprises website monitoring and downloading functionality for monitoring and downloading data from at least one website selected by a user.
- 20. The data portal of claim 19, wherein said monitoring and downloading functionality is capable of identifying data designated by said at least one website for downloading.

- 21. The data portal of claim 19, wherein said monitoring and downloading functionality is capable of identifying updates and changes to said at least one website.
- 22. The data portal of claim 19, wherein said monitoring and downloading functionality is capable of identifying dynamically changing data.
- 23. A data portal in communication with a user client having a screen display and a memory, said data portal comprising
 - a. a monitoring application which is capable of sending an agent to at least one data source, said agent being capable of monitoring and downloading data therefrom and further capable of transferring said data from said at least one data source to said user client, said user client storing said data in said memory; and
 - b. an interface application which comprises:

 active window display functionality for displaying information integrally within an active one of a plurality of application windows displayed on said screen display, and active window follower functionality for maintaining said display in a new active window following exchange with a current active window so as to render said information continuously displayable to a user irrespective of exchanging active windows.
- 24. The data portal of claim 23, wherein at least some of said application windows comprising said plurality of application windows relate to independent applications.

- 25. The data portal of claim 23, wherein said interface application comprises bar display functionality to display said information within a bar within said active one of a plurality of application windows, said information being displayable within said bar independently of a content of a respective application of said active window.
- 26. The data portal of claim 25, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 27. The data portal of claim 25, wherein said bar comprises said information superimposed on existing window bar functionality.
- 28. The data portal of claim 25, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 29. The data portal of claim 25, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 30. The data portal of claim 23, wherein said monitoring application further comprises user selection functionality for user definition of data for downloading.
- 31. The data portal of claim 23, wherein said monitoring application is capable of identifying data designated by said at least one data source.

- 32. The data portal of claim 23, wherein said monitoring application is capable of identifying data comprising at least one update or change to said at least one data source.
- 33. The data portal of claim 23, wherein said monitoring application is capable of identifying data comprising dynamically changing data.
- 34. The data portal of claim 23, wherein said information comprises said data stored in said memory.
- 35. The data portal of claim 23, wherein said information further comprises notification that said data is stored in said memory.
- 36. The data portal of claim 23, wherein said information further comprises at least one link for retrieving said data from said memory.
- 37. The data portal of claim 23, wherein said interface application is capable of displaying said information when user is offline.
- 38. The data portal of claim 23, wherein said interface application further comprises a user operable function for making said information display invisible.
- 39 The data portal of claim 23, wherein said interface application further comprises a user operable function for making said information display larger and smaller.
- 40. The data portal of claim 23, wherein said interface application further comprises a user operable function for revising the configuration of said information display.

- 41. An interface application supportable by a user client, said interface application comprising:
 - a. active window display functionality for displaying information integrally within an active one of a plurality of application windows, said information being selected from a group consisting of externally generated data, derivatives of externally generated data, notification that externally generated data is stored in a memory of said user client, and links to externally generated data; and
 - b. active window follower functionality for maintaining said display in a new active window following exchange with a current active window so as to render said information continuously displayable to a user irrespective of exchanging active windows.
- 42. The interface application of claim 41, wherein at least some of said application windows comprising said plurality of application windows relate to independent applications.
- 43. The interface application of claim 41, comprising bar display functionality to display said information integrally within a bar within said active one of a plurality of application windows, said information being displayable within said bar independently of a content of a respective application of said active window.

- 44. The interface application of claim 43, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 45. The interface application of claim 43, wherein said bar comprises said information superimposed on existing window bar functionality.
- 46. The interface application of claim 43, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 47. The interface application of claim 43, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 48. The interface application of claim 41, further comprising user selection functionality for user definition of data for display.
- The interface application of claim 41, being capable of displaying said information when user is offline.
- 50. The interface application of claim 41, further comprising a user operable function for making said information display invisible.
- 51 The interface application of claim 41, further comprising a user operable function for making said information display larger and smaller.
- 52. The interface application of claim 41, further comprising a user operable function for revising the configuration of said information display.

- 53. A machine-readable storage device storing in a machine readable format an interface application supportable by a user client, said interface application comprising
 - a. active window display functionality for displaying information integrally within an active one of a plurality of application windows, and
 - b. active window follower functionality for maintaining said display in a new active window following exchange with a current active window so as to render said information continuously displayable to a user irrespective of exchanging active windows.
- 54. The storage device of claim 53, wherein at least some of said application windows comprising said plurality of application windows relate to independent applications.
- 55. The storage device of claim 53, wherein said interface application further comprises bar display functionality to display said information integrally within a bar within said active one of a plurality of application windows, said information being displayable within said bar independently of a content of a respective application of said active window.
- 56. The storage device of claim 55, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 57. The storage device of claim 55, wherein said bar comprises said information superimposed on existing window bar functionality.

- 58. The storage device of claim 55, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 59. The storage device of claim 55, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 60. The storage device of claim 53, wherein said interface application further comprises user selection functionality for user definition of data for display.
- The storage device of claim 53, wherein said interface application is capable of displaying said information when user is offline.
- 62. The storage device of claim 53, wherein said interface application further comprises a user operable function for making said information display invisible.
- 63 The storage device of claim 53, wherein said interface application further comprises a user operable function for making said information display larger and smaller.
- 64. The storage device of claim 53, wherein said interface application further comprises a user operable function for revising the configuration of said information display.
- 65. An interface application supportable by a user client, said interface application comprising bar display functionality for displaying information integrally within a bar within an active application window, said

information including from at least one of a group consisting of externally generated data, derivatives of externally generated data, notification that externally generated data is stored in a memory of said user client, and links to externally generated data, said bar display functionality being capable of displaying said information in said bar independently of a respective application associated with said active window.

- 66. The interface application of claim 53, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 67. The interface application of claim 65, wherein said bar comprises said information superimposed on existing window bar functionality.
- 68. The interface application of claim 65, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 69. The interface application of claim 65, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 70. The interface application of claim 65, comprising active window follower functionality for moving said information to a bar of a newly active window with exchange of said active window.
- 71. The interface application of claim 65, further comprising user selection functionality for user definition of data for display.

- 72 The interface application of claim 65, being capable of displaying said information when user is offline.
- 73. The interface application of claim 65, further comprising a user operable function for making said information display invisible.
- 74 The interface application of claim 65, further comprising a user operable function for making said information display larger and smaller.
- 75. The interface application of claim 65, further comprising a user operable function for revising the configuration of said information display.
- 76. A method of viewing data accessible via a communications network, comprising the steps of:
 - a. selecting at least one data source;
 - b. connecting to a server operable to monitor said at least one user selected data source and to download data therefrom;
 - c. receiving from said server, said data from said at least one user selected data source;
 - d. displaying information integrally within an active one of a plurality of application windows appearing on a screen display, said information including one or more selected from the group consisting of said data, notification that said data has been received, and links to said data, and
 - e. moving said display to a new active window following exchange with a current active window so as to render said information

continuously displayable to a user irrespective of exchanging active windows.

- 77. The method of claim 76, comprising the further steps of storing said data in a memory and retrieving said data from said memory.
- 78. The method of claim 76, comprising displaying said information integrally within a bar within said active one of a plurality of application windows, said information being displayable within said bar independently of a content of a respective application of said active window.
- 79. The method of claim 78, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 80. The method of claim 78, wherein said bar comprises said information superimposed on existing window bar functionality.
- 81. The method of claim 78, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 82. The method of claim 78, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 83. The method of claim 76, comprising displaying said information when user is offline.
- 84. The method of claim 76, comprising making said information display invisible.

- 85. The method of claim 76, comprising making said information display larger and smaller.
- 86. The method of claim 76, comprising revising the configuration of said information display.
- 87. The method of claim 76, wherein said communications network is the Internet.
- 88. The method of claim 76, wherein said at least one data source is a Web site.
- 89. The method of claim 88, wherein said server is capable of identifying data designated by said at least one website for downloading.
- 90 The method of claim 88, wherein said server is capable of identifying updates and changes to said at least one website.
- 91. The method of claim 76, wherein said server is capable of identifying dynamically changing data.
- 92. A method of supporting continuous display of information at a user client comprising the steps of:
 - supplying at least one user client having a memory and a screen display with an interface application;
 - b. monitoring at least one data source;
 - c.. downloading data from said at least one data source;
 - d. uploading said data to said at least one user client for storage in said memory;

- e. via said interface application, retrieving said data from said memory; and
- f. via said interface application, displaying information integrally within an active one of a plurality of application windows appearing on said screen display, said information including one or more selected from the group consisting of said data, notification that said data is stored in said memory, and links to said data, said interface application comprising active window follower functionality for maintaining said display in a new active window following exchange with a current active window so as to render said information continuously displayable to a user irrespective of exchanging active windows.
- 93. The method of claim 92, wherein said interface application comprises bar display functionality to display said information integrally within a bar within said active one of a plurality of application windows independently of a content of a respective application of said active window.
- 94. The method of claim 93, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 95. The method of claim 93, wherein said bar comprises said information superimposed on existing window bar functionality.

- 96. The method of claim 93, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 97. The method of claim 93, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 98. The method of claim 92, wherein said interface application is capable of displaying said information when said at least one user client is offline.
- 99. The method of claim 92, wherein said interface application comprises a user operable function for making said information display invisible.
- 100. The method of claim 92, wherein said interface application comprises a user operable function for making said information display larger and smaller.
- 101. The method of claim 92, wherein said interface application comprises a user operable function for revising the configuration of data within said information display.
- 102. The method of claim 92, wherein said communications network is the Internet.
- 103. The method of claim 92, wherein said at least one data source is a website.
- 104. The method of claim 103, wherein said data is designated by said website;

- 105. The method of claim 103, wherein said data comprises at least one update or change to said website.
- 106. The method of claim 93, wherein said data comprises dynamically changing data.
 - 107. A system for viewing data comprising
 - a. a server capable of accessing at least one data source via a communications network, and having downloading and uploading functionality for downloading data from said data source and uploading said data to a user client; and
 - b. a user client supporting an interface, said interface comprising:

 active window display functionality for displaying information
 integrally within an active one of a plurality of application
 windows on said user client independently of a content of a
 respective application of said active window; and
 active window follower functionality for moving said display to
 a new active window following exchange with a current active
 window so as to render said information continuously displayable
 to a user irrespective of exchanging active windows.
- 108. The system of claim 107, wherein at least some of said application windows relate to independent applications.
- 109. The system of claim 107, wherein said interface comprises bar display functionality operable to display said information within a bar within said active one of a plurality of application windows.

- 110. The system of claim 109, wherein said bar is selected from the group consisting of bars that appear at the top of, at the bottom of, at the side of and central to said active one of a plurality of application windows.
- 111. The system of claim 109, wherein said bar comprises said information superimposed on existing window bar functionality.
- 112. The system of claim 109, wherein said information displayed integrally within said bar is configurable to consume less than the entire span of said bar.
- 113. The system of claim 109, wherein said bar display functionality is configurable to dissolve said information in and out of visibility.
- 114. The system of claim 107, wherein said interface further comprises user selection functionality for user definition of said data for uploading.
- 115. The system of claim 107, wherein said interface is capable of storing said information in said memory.
- 116. The system of claim 115, wherein said information comprises said data.
- 117. The system of claim 115, wherein said information further comprises notification that said data is stored in said memory.
- 118. The system of claim 115, wherein said information further comprises at least one link for retrieving said data from said memory.
- 119. The system of claim 107, wherein said interface is capable of displaying said information when said user is offline.

- 120. The system of claim 107, wherein said interface further comprises a user operable function for making said information display invisible.
- 121. The system of claim 107, wherein said interface further comprises a user operable function for making said information display larger and smaller.
- 122. The system of claim 107, wherein said interface further comprises a user operable function for revising the configuration of said information display.
- 123. The system of claim 107, wherein said communications network is the Internet.
- 124. The system of claim 123, wherein said at least one data source is a website.
- 125. The system of claim 124, wherein said server comprises recognition functionality for recognizing for download, data designated by said website.
- 126. The system of claim 124, wherein said server comprises recognition functionality for recognizing for downloading, at least one of updates and changes to said website.
- 127. The system of claim 107, wherein said server comprises recognition functionality for recognizing for download, data comprising dynamically changing data.